

TOO MANY STRESSFUL PROBLEMS - WHICH DO YOU WISH GONE?

Are you overweight, have trouble sleeping, or constantly low in energy?

How much is stress effecting your time with loved ones?

Have you felt that your stress will never be relieved?

IF YOU FEEL LIKE THESE QUESTIONS DESCRIBE YOUR LIFE I HIGHLY RECOMMEND YOU READ BELOW
AND LEARN THE SHOCKING TRUTH ABOUT STRESS...



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TRUTH ABOUT STRESS

You may think many of your health problems are something out of your control just like getting the cold or flu. But you're most likely wrong...Stress is currently the biggest epidemic in our country. More people suffer from stress than heart attacks and obesity. Stress is the basic cause of **60%** of all human illnesses and Disease. **3 out of 4** Doctor visits are for stress-related ailments, which in the end costs our nation over **\$300 BILLION dollars** every year. Most doctors recommend prescription medications to relieve stress. Yet **\$800 Million dollars** is spent on "anti-anxiety" medications each year within the United States. Basically people like you are spending money on a solution that doesn't seem to have any effect except putting more money into the pharmaceutical industry's pockets.

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Stress Warning Signs and Symptoms	
Cognitive Symptoms	Emotional Symptoms
- Memory problems - Inability to concentrate - Poor judgment - Seeing only the negative - Anxious or racing thoughts - Constant worrying	- Moodiness - Irritability or short temper - Agitation, inability to relax - Feeling overwhelmed - Sense of loneliness and isolation - Depression or general unhappiness
Physical Symptoms	Behavioral Symptoms
- Aches and pains - Diarrhea or constipation - Nausea, dizziness - Chest pain, rapid heartbeat - Loss of sex drive - Frequent colds	- Eating more or less - Sleeping too much or too little - Isolating yourself from others - Procrastinating or neglecting responsibilities - Using alcohol, cigarettes, or drugs to relax - Nervous habits (e.g. nail biting, pacing)

THIS LIST SHOWS ALL OF THE SYMPTOMS AND WARNING SIGNS OF STRESS. ANY LOOK FAMILIAR?

THESE EXAMPLES ARE THE BEGINNING OF A BIGGER PROBLEM. OVER TIME AS STRESS BECOMES MORE FREQUENT THE SYMPTOMS BECOME WORSE & WORSE.

SO WHAT IS THE EASIEST, CHEAPEST, AND HEALTHIEST WAY OF GETTING RID OF STRESS WITHOUT MEDICATIONS? - MEDITATION

Meditation is the easiest form of stress relief and has zero side effects. For those of you who don't know what meditation is, it's the practice of clearing thoughts from the mind and giving your brain a chance to relax from the stress you go through each day. Researchers are finding that Meditation can not only relieve stress, but it can also make you feel happier and helps keep the mind sharp and focused. Over time meditation can rewire how your brain functions.



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Sounds pretty good right? You can live a happier life with little stress, and there's no need to pay hundreds of dollars for prescription medications. Who wouldn't want to live a happier life with zero side effects?



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MY STORY

My Story is like yours, over my lifetime I have felt the negative side effects that come along with stress. After years of dealing with stress I took it on my own to find ways of being stress free without the need of prescription medications. That's when I discovered the power of meditation.

But as I looked more into meditation, what I found was that there were not many sources available that would teach me clear and simple steps on how to meditate. Whatever sources I could find would be the usual close your eyes and clear your mind approach. When I tried following that method of meditation it would leave me

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more frustrated than relieved of stress.

Over time after trial and error, I took it on my own to learn how to properly clear the mind during meditation. That's why I created Bullet-Proof Meditation, a clear and simple guide on how to learn meditation, become stress free, and master how to clear the mind. Since I have been meditating I have seen far less side effects from stress. Over time this has let me live a happier and healthier life. If you suffer from stress, anxiety, or personal issues, I know for sure that meditation will help you live happier and healthier.

SO WHO AM I?

My name is John Schaser. Health and fitness has always been a cornerstone throughout my life. Spending over **10 years** studying health, nutrition, and fitness, I learned that I was overlooking a key part of life, brain health. After discovering meditation and practicing it for **5 years** I have learned a lot through trial and error and now I'm here to help others optimize their health through how to eat, exercise, and treat their minds. With me you can rest assured that your goals of a healthier life will be met! Helping others means a lot to me, and that's why I created a product that will help you learn meditation and enjoy life again without stress.



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BULLET-PROOF MEDITATION

This guide will not only help you relieve your stress but it will also change many aspects of your life...

You will feel younger

You will be happier

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You will feel confident and focused throughout the day

You will have a whole new life ahead of you simply by learning my methods and practicing them once a day.

IF YOU USE THIS GUIDE FOR 5 MINUTES EACH DAY IT WILL DRAMATICALLY CHANGE THE QUALITY OF YOUR LIFE!

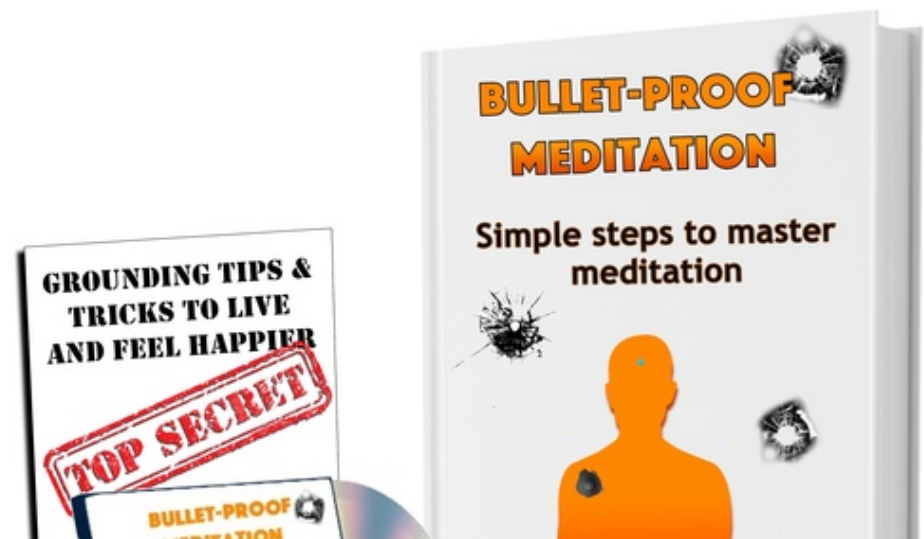
THE PACKAGE INCLUDES:

THE BULLET-PROOF MEDITATION - SIMPLE STEPS TO MASTER MEDITATION EBOOK

-This ebook is packed with information to teach you how to easily meditate anywhere no matter what conditions. You will learn what took me years to practice and lessons on how to clear the mind.

THE BULLET-PROOF MEDITATION GUIDED MEDITATIONS AUDIO PLAYLIST

-Guided Meditations are perfect for anyone who may have trouble when they first begin meditation. They are audio files that you can listen to that



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will walk you through each step of the meditation process. Each track is unique in it's own way. It comes with 4 Guided Meditations and 4 Meditation music tracks.

AND MY SECRET GROUNDING TIPS AND TRICKS TO LIVE AND FEEL HAPPIER.

- These are little tricks that I have learned over years of trial and error. They will help you become calm and grounded in the most stressful of situations.



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HOW MUCH DOES IT COST?

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Learning Meditation can be surprisingly expensive.

You can go to a Transcendental Meditation Master or class and spend over **\$720 to \$1,200 dollars** simply to learn how to meditate. Crazy Right?

My guide only costs \$40.00 - that's less than what the average American spends a month on coffee.

YOU CAN SPEND YEARS GOING THROUGH TRIAL AND ERROR LEARNING HOW TO MEDITATE LIKE I DID -
OR YOU CAN TAKE MY GUIDE AND LEARN HOW TO MEDITATE WITHIN A SHORT DAY.



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TRY IT OUT, AND IF YOU DON'T FEEL GREAT AFTER MEDITATING WITHIN 60 DAYS, LET ME KNOW. I'LL PERSONALLY REFUND YOUR MONEY BACK NO QUESTIONS ASKED.

There's no cost for shipping! This package is completely digital and downloads instantly upon purchase. You can read the ebook via computer, tablet, smartphone, or any other electronic device. This makes it easy so you can take the guide wherever you go without the need to carry any more than just your phone.



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GOT QUESTIONS?

You have questions or concerns - I have your answers.

Check Out our FAQ PAGE

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Can't find what you need? Click the link below to go to our contact page and send us an email.

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MEDITATION...

Meditation is the discovery that the point of life is always arrived at in the immediate moment.

-Alan Watts

I believe Meditation is the most powerful natural practice to heal the body. It's always good to try something different, so why not take the leap and begin a journey of a happier stress free life.

-John Schaser

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